

New York Times best-selling authors



DEEPAK
CHOPRA

with Kristina Tracy

ON MY
WAY

TO A HAPPY LIFE

illustrated by **Rosemary Woods**

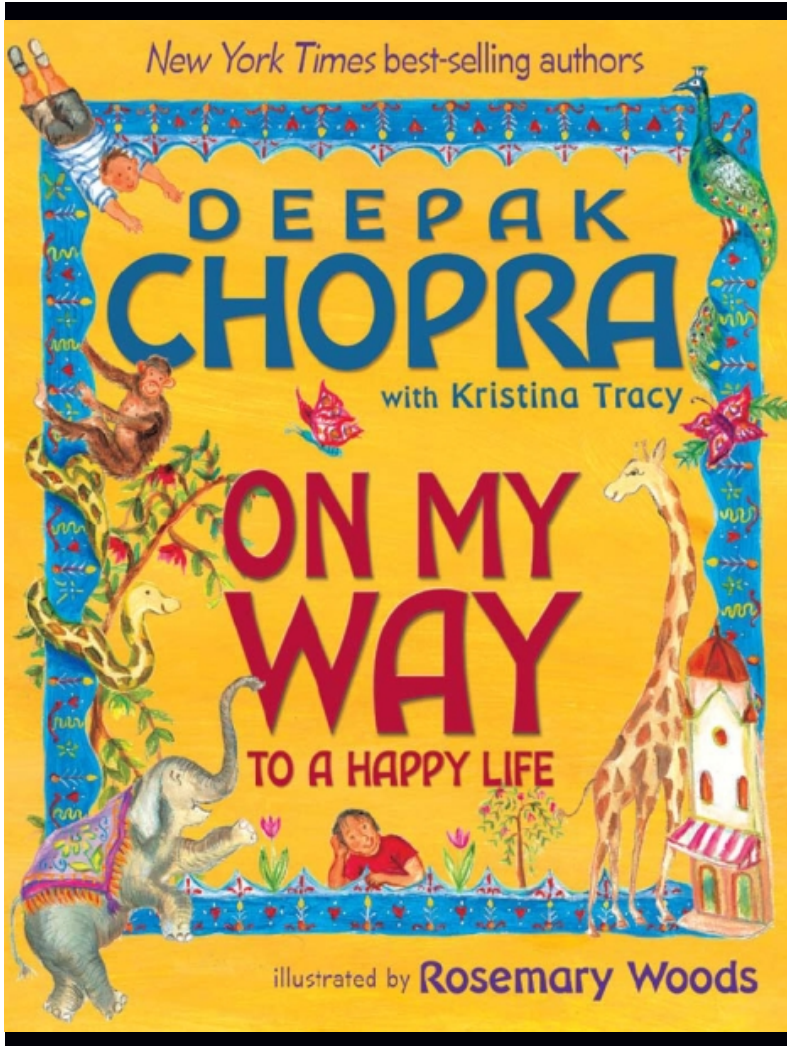
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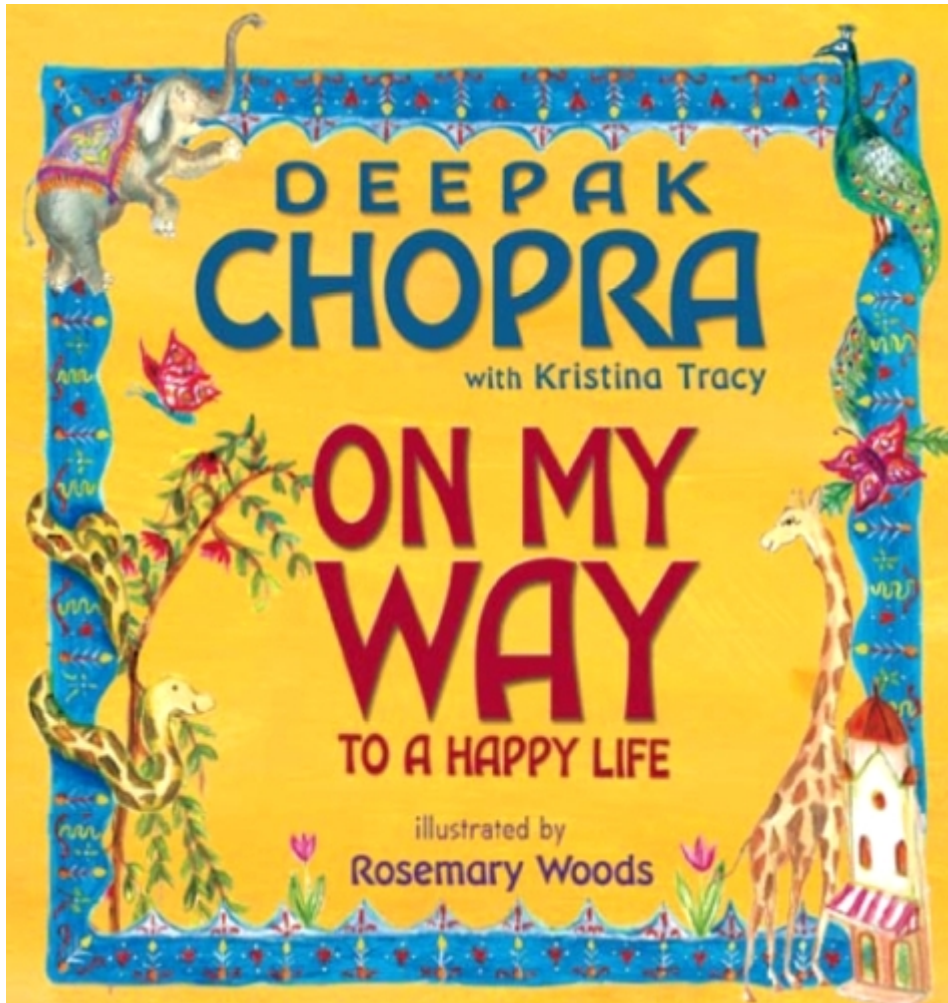
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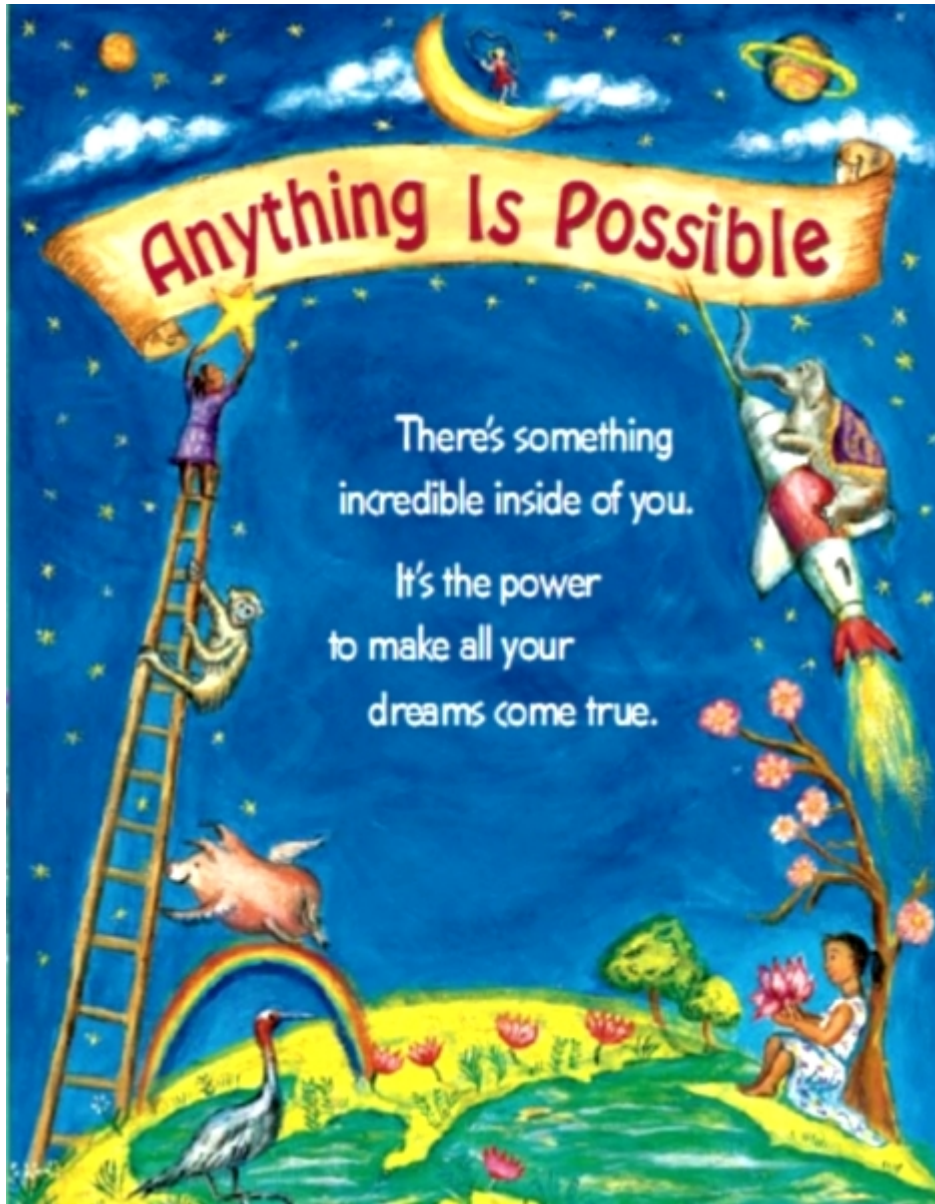
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From Deepak ...

Over the years, many adults who have read my books and become familiar with my teachings on the 7 spiritual laws of the universe tell me they wish they had learned these lessons much earlier in life. It is for this reason that I have written the book you are holding. *On My Way to a Happy Life* will introduce your children to the workings of the universe in terms that even the youngest ones can understand and apply.

When they use the principles taught here, such as giving and getting, karma, and acceptance, your kids will find that life can flow with ease and that happiness, love, and compassion are constants in their lives.

By sharing this book with your children and discussing the ideas it contains, you will be guiding them toward a successful future, while helping them see that success depends on who you are, not what you do.



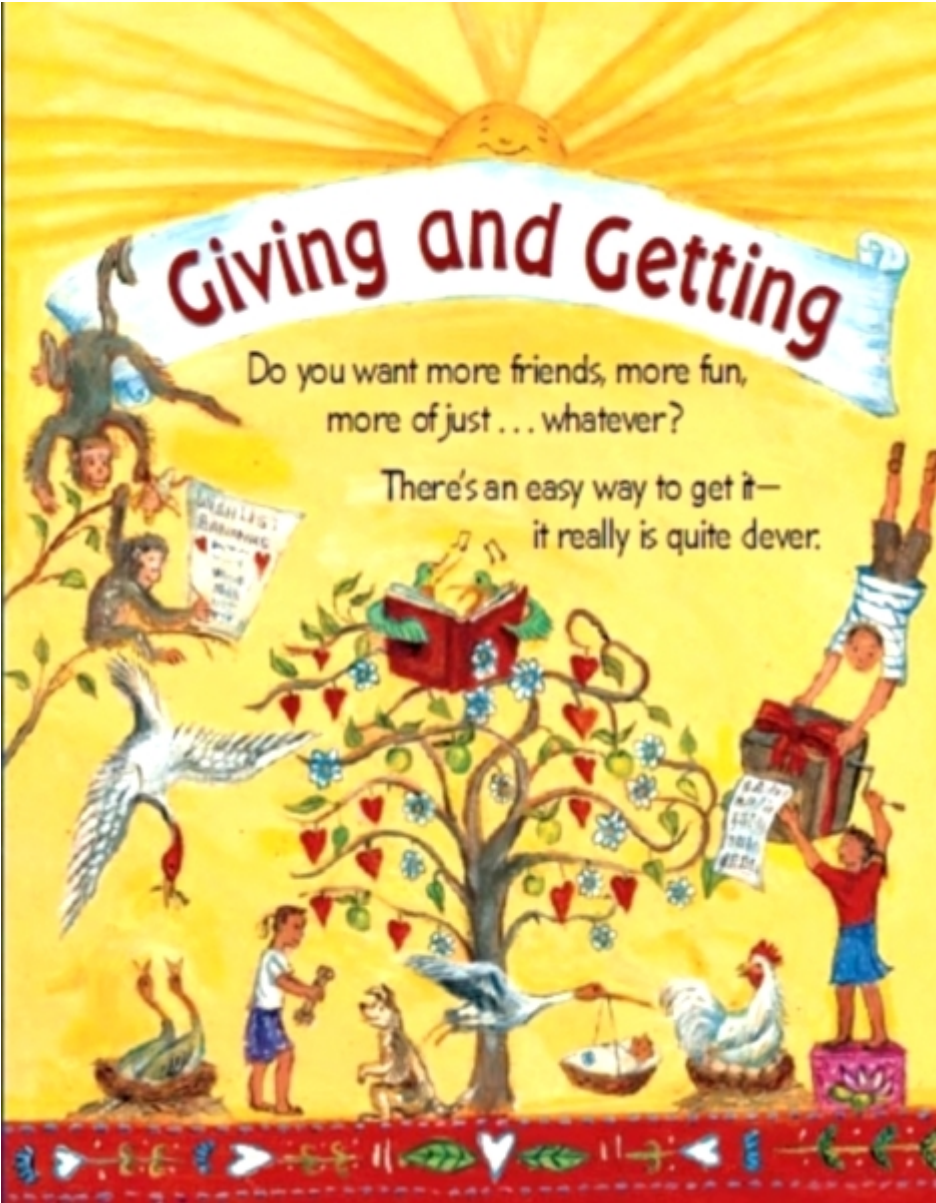
There's something
incredible inside of you.

It's the power
to make all your
dreams come true.



So imagine, believe, and
set your dreams free.
There is no limit to what
you can do or be.

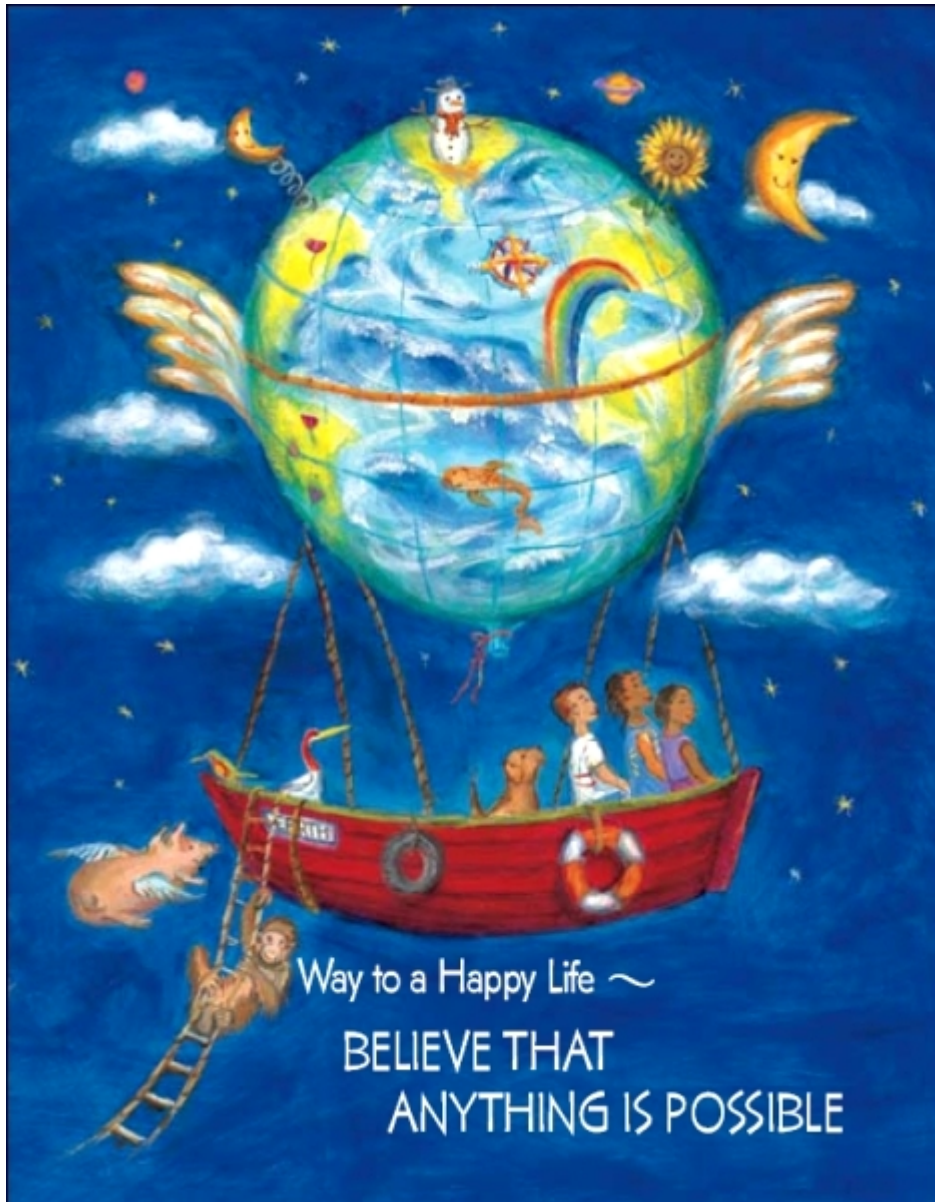
The gift you've been given is that you can create
absolutely anything, whether small or great.



Giving and Getting

Do you want more friends, more fun,
more of just . . . whatever?

There's an easy way to get it—
it really is quite de-ver.



Way to a Happy Life ~

BELIEVE THAT
ANYTHING IS POSSIBLE



Give the things you want to get
every single day

Always give with a happy heart—
that's what makes it real.

The greatest gift of all is (surprise!)
just how good you'll feel.

and you will find the very same things
coming back your way.

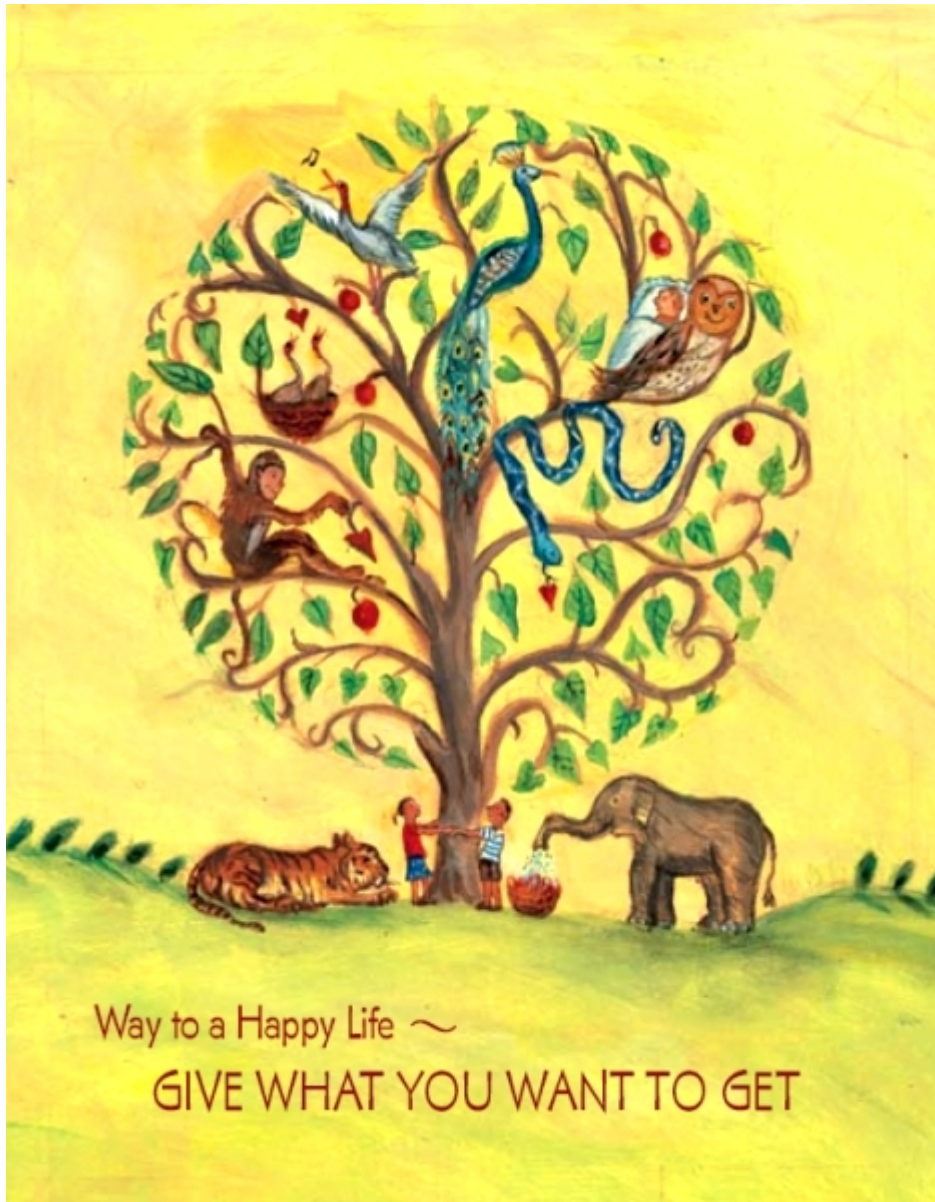


What You Do Comes Back to You

Karma is an ancient word
you may hear people say.

It means that how
you live your life creates
what comes your way.





Way to a Happy Life ~

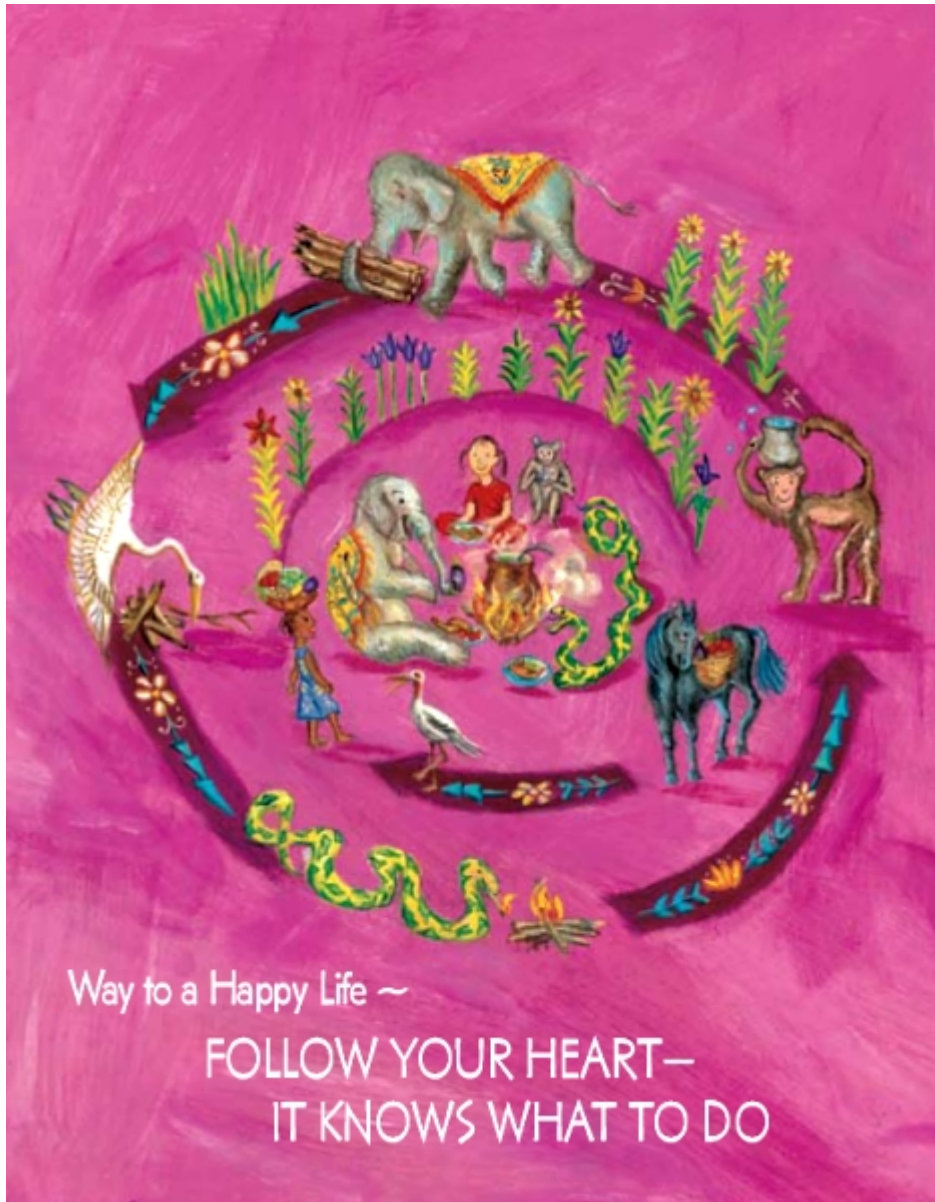
GIVE WHAT YOU WANT TO GET

Every day you decide the things you say and do,
and what you choose will change the way
others act toward you.

Your heart will gladly guide you in the choices that you make,
and your karma will follow you—good luck is no mistake!







Way to a Happy Life ~

FOLLOW YOUR HEART—
IT KNOWS WHAT TO DO

You won't always understand what other people do,
but know that change can happen when it starts with you.

Trying to control the world . . . well, it just can't be done.
You alone can create peace—your place in the sun.





Growing What You Want

If you want something to happen, then do these simple things.

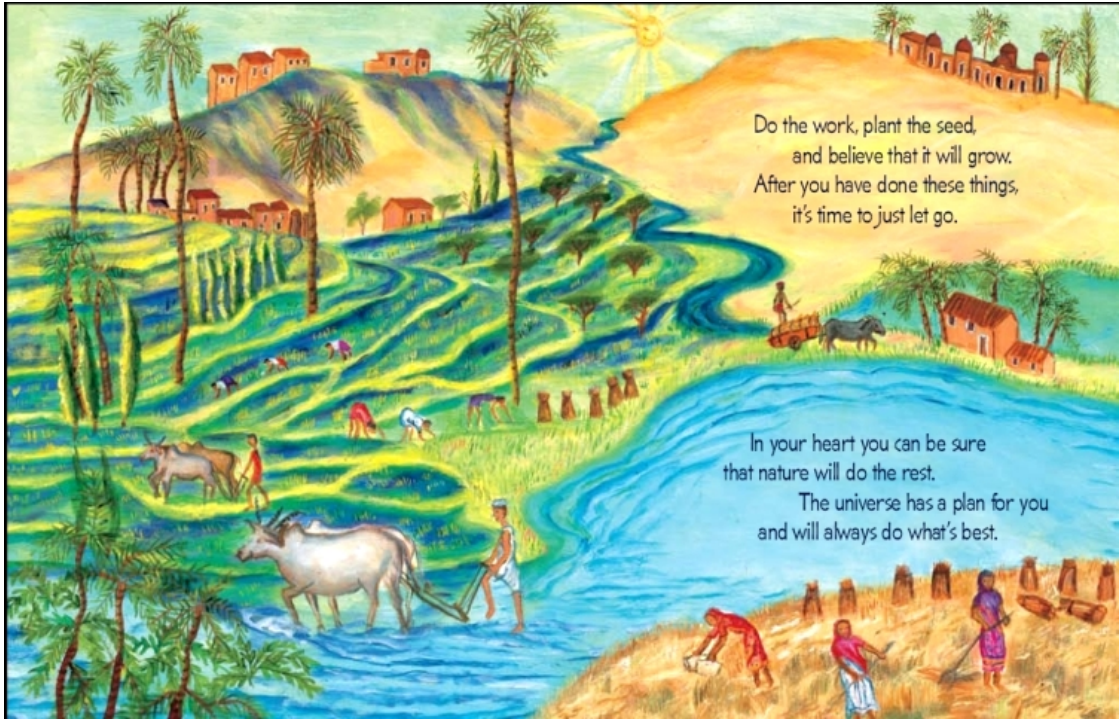
Set your mind on what you wish for, then see what the future brings.



Way to a Happy Life ~

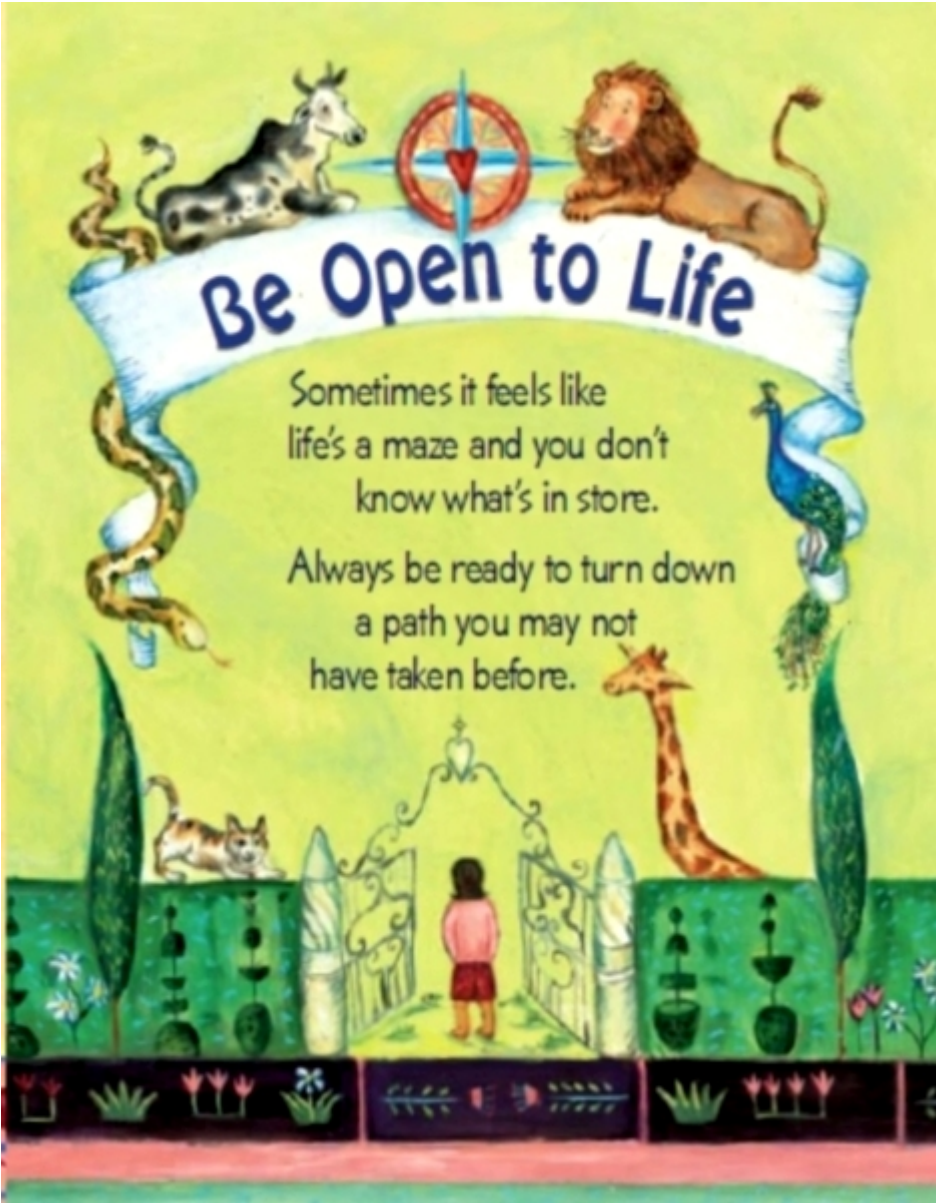
CREATE PEACE

BY LEARNING ACCEPTANCE



Do the work, plant the seed,
and believe that it will grow.
After you have done these things,
it's time to just let go.

In your heart you can be sure
that nature will do the rest.
The universe has a plan for you
and will always do what's best.



Be Open to Life

Sometimes it feels like
life's a maze and you don't
know what's in store.

Always be ready to turn down
a path you may not
have taken before.



Way to a Happy Life ~

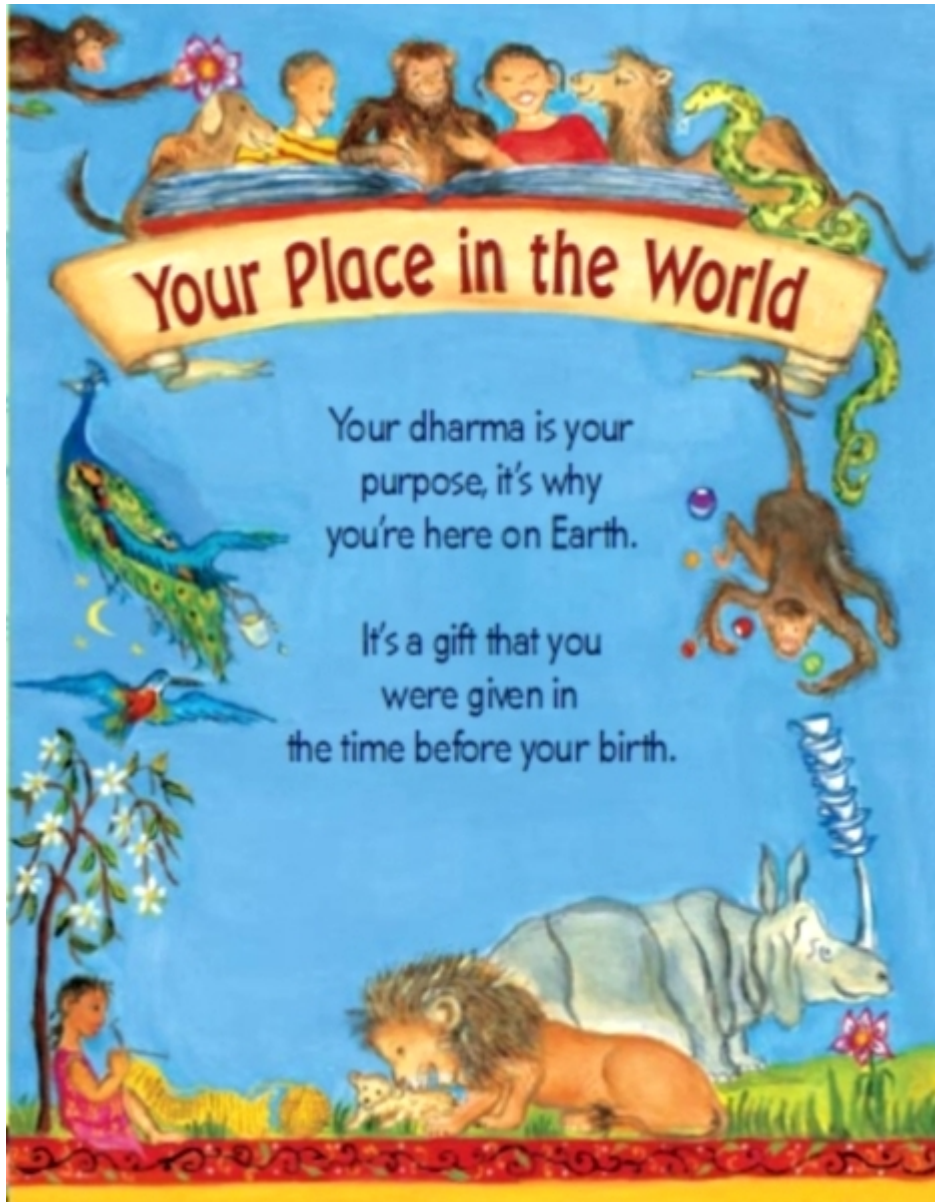
WORK TOWARD WHAT YOU WANT,
THEN LET IT GO



If you think there's only one way that something can be done,
learning that there are many ways makes life a lot more fun!

The more you are open to new ideas of how your life can be,
the more happiness you will have—try it and you'll see.

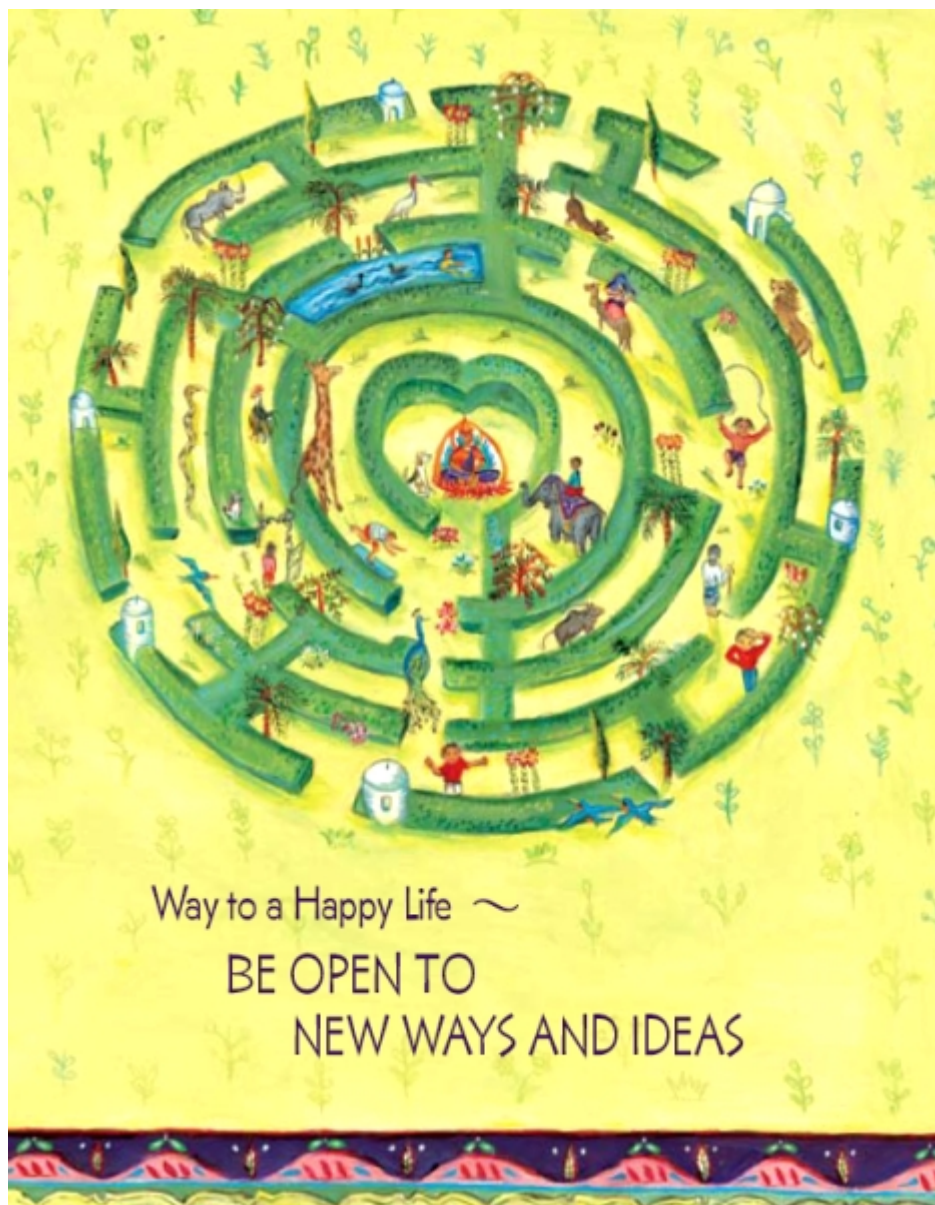




Your Place in the World

Your dharma is your purpose, it's why you're here on Earth.

It's a gift that you were given in the time before your birth.

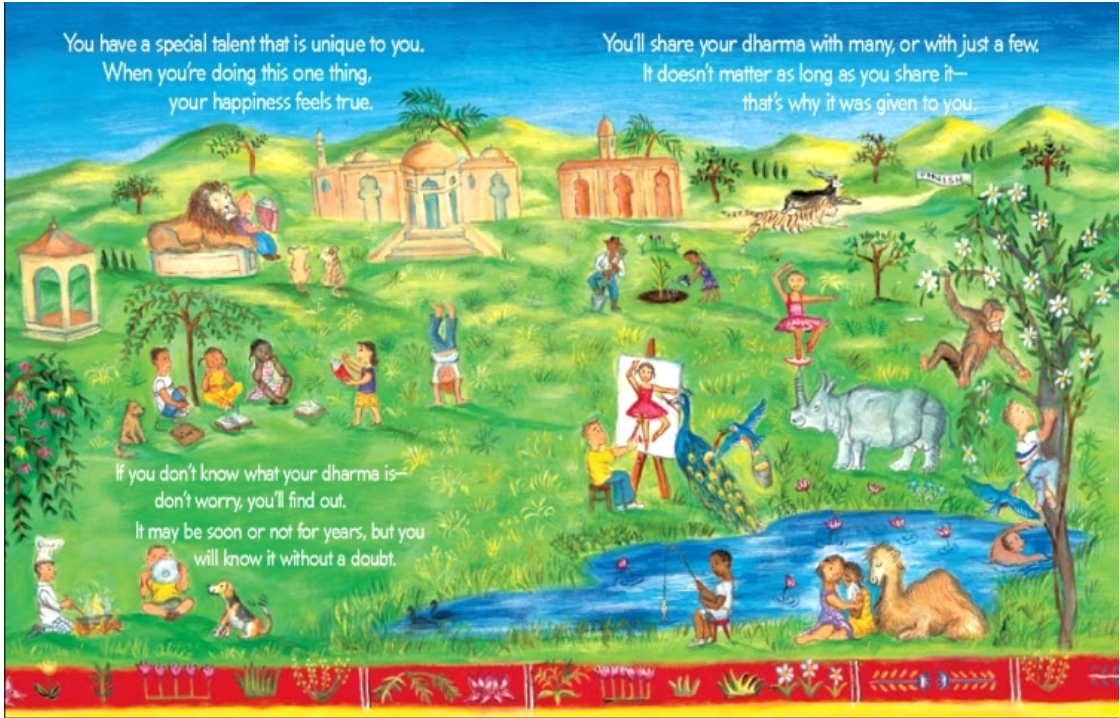


Way to a Happy Life ~
BE OPEN TO
NEW WAYS AND IDEAS

You have a special talent that is unique to you.
When you're doing this one thing,
your happiness feels true.

You'll share your dharma with many, or with just a few.
It doesn't matter as long as you share it—
that's why it was given to you.

If you don't know what your dharma is—
don't worry, you'll find out.
It may be soon or not for years, but you
will know it without a doubt.



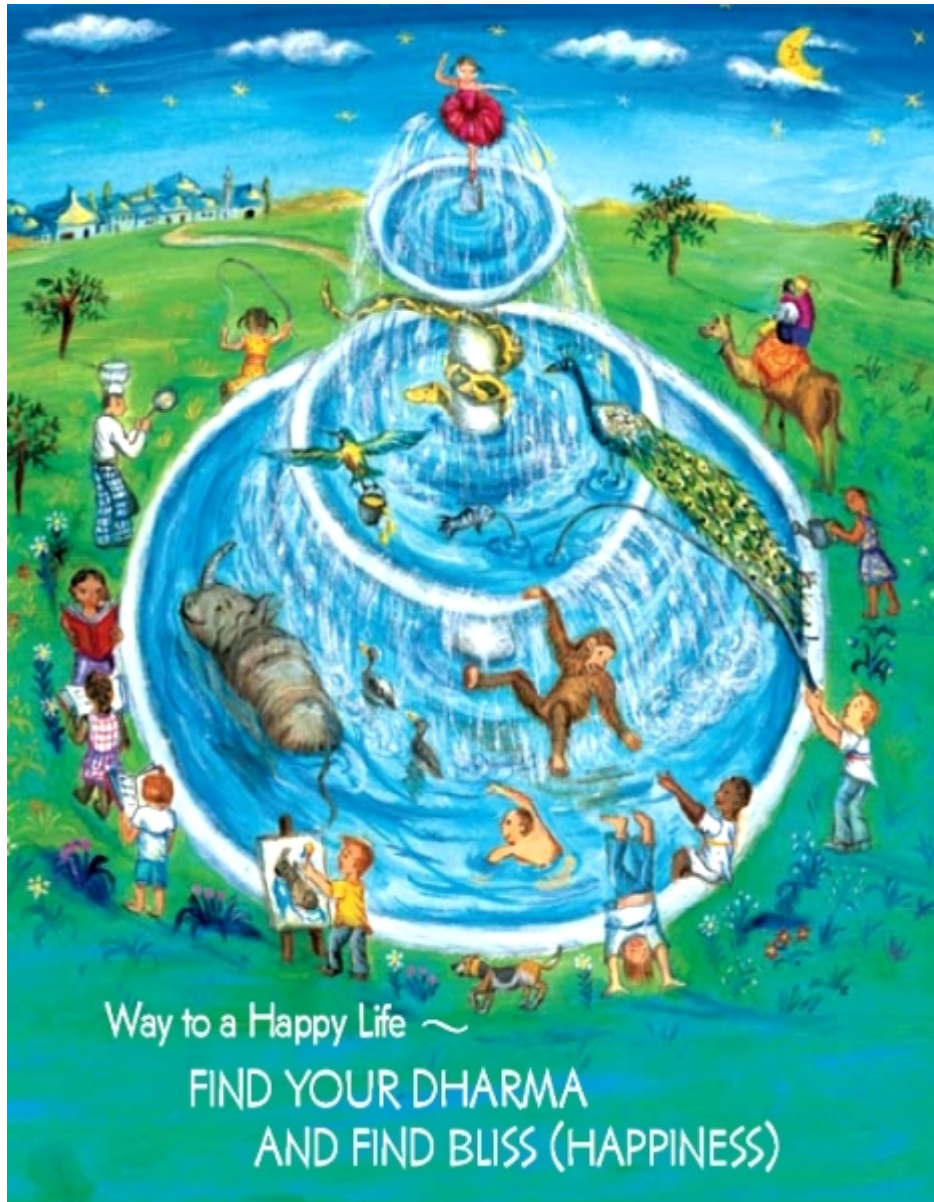


You have now learned the ways of nature
and the universe—the way that things always
have and always will work. When you
understand these ideas and use them in
your life, you will flow with nature,
and life will be full of joy!



— Deepak Chopra





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